

A method of using a finger pad shield improve a bowler's control when lifting the bowling ball at release

a. placing a finger pad shield on, and in contact with, a finger pad of a bowler, and forming a contact area

inserting the finger pad shield in the finger hole of a bowling ball

releasing the finger pad shield from the finger hole of a bowling ball, and receiving a force from said interior surface of the finger hole against the finger pad shield, and distributing the force over the contact area

FIGURE 9

